



Introduction to Fermentation Workshop



Fleetville community centre
St Albans, AL1 4LQ

Saturday 23rd November 2019 2pm - 4 pm

Fermenting is a uniquely satisfying way to preserve and transform food, experiment with flavours and modulate the gut microbiome – crucial to maintain balance in our digestive and immune systems.

Come and learn the fundamentals of fermentation – we will teach you how to make different types of sauerkraut & kefir and explain the many health benefits of these live foods! Consuming fermented foods can help with digestive problem such as constipation, inflammatory conditions such as arthritis or psoriasis, to name a few..

Price: £35 per person - includes organic produce, jars of your concoctions and samples to take home. Starter kefir grains available to purchase at a small fee.

To book visit:

<http://buytickets.at/zsnutrition/316446>

Contact: Zsnutrition@hotmail.com 07726 184264

Hosted by nutritional therapists: Zuzana Smith & Anna Winek